

Confused about
what to eat?



A dietitian can help!

Dietitians are trained in food and nutrition for illness and health.

Look for the Registered Dietitian Nutritionist credential, RDN, which is only granted after thorough education and training.

A dietitian may have additional credentials or special expertise in certain areas, such as sports nutrition, diabetes, pediatrics or counseling.

Your dietitian can help you learn a medical diet prescribed by your doctor or recommend nutrition strategies for your specific needs - energy, sports, health concerns, food cravings, eating disorders, or help feeding other family members.

A dietitian's job is to answer your questions about food and eating, and help you eat the best for you.

Turn the page to see more about what a dietitian can do for you...

Good Nutrition is
Essential for Growing
Healthy Children!
A Dietitian is the
Best Nutrition
Resource.

To find YOUR dietitian,
just look inside!

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We Don't
Need a
Dietitian...
Do we?



Get the scoop
inside...

We didn't think we needed a dietitian...

...but now we know better!



We are ALWAYS on the go. I thought that eating healthy would take up too much time. The dietitian put us on the right track, so now even with only thirty minutes to spare, we can all enjoy a family meal.

My Jenny is so ACTIVE! I didn't know where she put all that food! But I worried that she wasn't building good habits. Our dietitian helped me plan healthy snacks to fuel my little swimmer, and now I'm more confident in the choices we make.



I didn't want my family's weight and food issues to affect another generation. My dietitian taught me how to feed myself and my kids, and now we're all on a healthier path.



I was always a grab-and-go eater, what did I know about feeding a child? Thank goodness the dietitian came into our lives. Now I'm building healthy eating right from the start for my little girl.

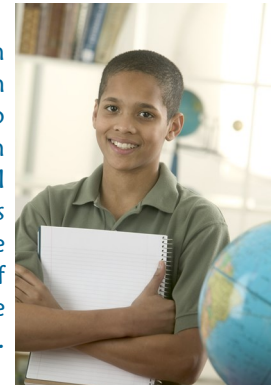


Jake was so picky, I was getting frustrated. I really hated when people would comment, I felt like I must be doing something wrong. The dietitian reassured me about Jane's nutrition and gave me advice on how I could help her progress. She even met with my mother-in-law! Now, meal times are fun again.



I'm a single dad with a couple of kids—how hard could it be? All the info I need is on the internet, right? Now I know how wrong I was! There was so much information I didn't know what to believe. Our dietitian boiled it down to just what we need, so now I have more time with my kids AND I feed them right.

I worried about my son with all the junk food in schools. I wanted him to hear about nutrition from someone other than me. I was amazed at the things we both learned from the dietitian. And I'm proud of the healthy choices he makes on his own.



I couldn't believe my daughter was worried about her weight—she's only eight years old, and she's tiny! But that's what her friends were talking about. I don't want her to develop a problem, so I made an appointment with a dietitian for her. Now she's telling her friends what she learned, and they're all making healthier choices.

